

Ascorbic Acid Powder

454.6 grams (16 oz)

Item Catalog Number: 00080

Vitamin C, or ascorbic acid, is a white, crystalline, water-soluble substance found in citrus fruits and green vegetables. As an antioxidant, vitamin C scavenges free radicals in the body and protects tissues from oxidative stress.²¹⁻²⁸ Vitamin C also promotes the absorption of iron, while preventing its oxidation.^{29,30} Vitamin C is a vital co-factor to the formation of collagen, the connective tissue that supports arterial walls, skin, bones, and teeth. ²⁵⁻²⁷

More vitamin C is contained in the adrenal glands than any other organ in the body and is required at higher levels during times of stress.³¹⁻³⁴ Physical stresses on the body such as ingestion of heavy metals,³⁵⁻⁴⁰ cigarette smoking,⁴¹⁻⁴⁴ immune impairment,⁴⁵⁻⁵¹ extreme temperatures,⁵²⁻⁵⁶ and chronic use of certain medications such as aspirin also signal the need for increased intake of vitamin C.⁵⁷

Along with ascorbic acid, vitamin C also comes in at least two other forms: chemically bonded to minerals as ascorbates, and as the fat-soluble ascorbyl palmitate.⁵⁸⁻⁶⁰ Both of these forms are non-acidic.

References

Supplement Facts

Serving Size 1 rounded teaspoon (approximately 4 g)

Servings Per Container 113

Amount Per Serving

Vitamin C (as ascorbic acid)

4000 mg

Other ingredients: none.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish, soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Mix one rounded teaspoon daily in water or juice, or as recommended by a healthcare practitioner.

Caution

Ascorbic acid is the acidic form of vitamin C, and even when encapsulated can cause gastric upset or diarrhea for some people. This can often be alleviated by consuming it with meals. Start with a low dose then gradually increase.

If you have a stomach ulcer, use an antacid, buffering agent, or a buffered form of vitamin C. Calcium carbonate and magnesium oxide are effective antacids. Unbuffered ascorbic acid in the mouth may be harmful to tooth enamel.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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